



HEALTHY CELEBRATION: Birthday



Birthday Candles Movement Activity

- The entire group forms a circle with the birthday child in the middle
- All the children in the circle put their hands over their heads, palms together, to mimic birthday candles.
- Everyone sings happy birthday and at the end of the song, the birthday child “blows” out all the candles. As the “candles” are blown, they squiggle down to the floor. The idea is to simulate a live birthday cake that surrounds the child.

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